

**BELLIN**  
**WOMEN'S**  
**HALF 2020**  
**MARATHON·5K**

6th Annual Kickoff Event

hope

# Running Specialist

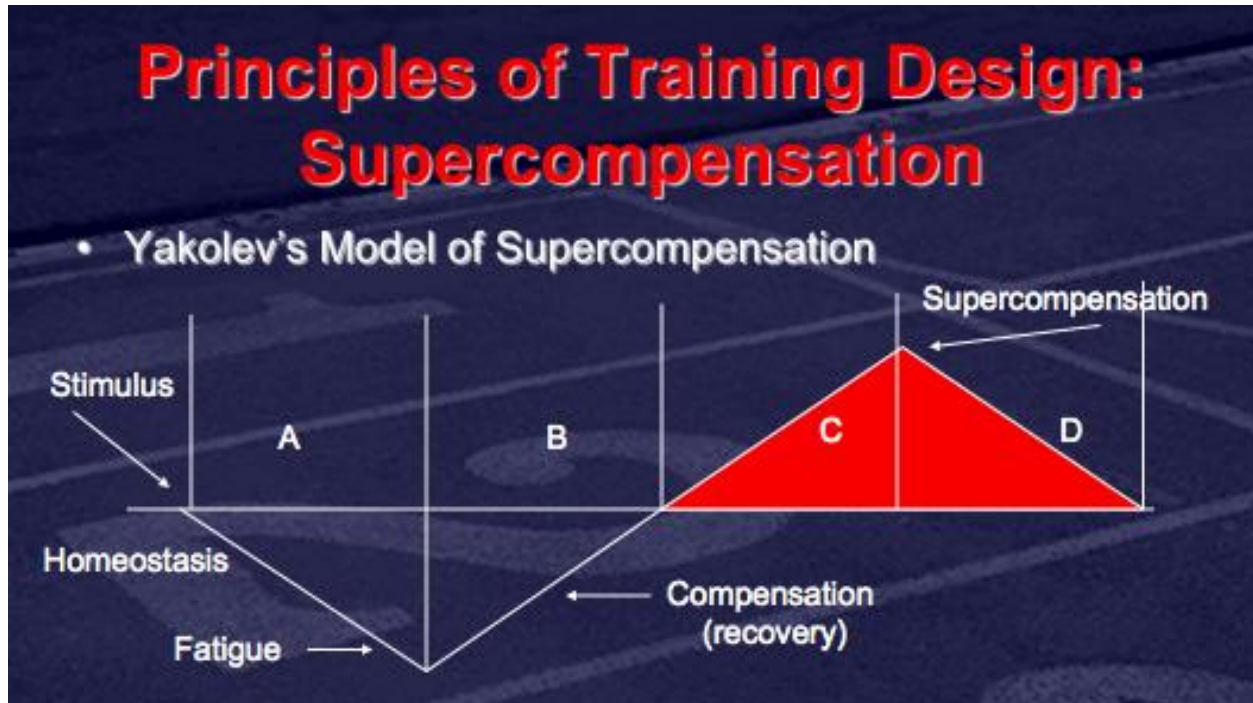
**Nate Vandervest**

**B.S. Human Biology/Exercise Science, Running coach,  
CSCS, CES**

- Running Specialist
- Division I college coach
- Continues to train for multiple events and distances from 1 mile to the marathon



# Training Principle










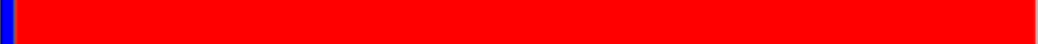


Understanding this chart will help you with all aspects of your training.

# Another view



# Aerobic capacity – What are you training for?

Duration of Maximal Exercise	% Anaerobic	% Aerobic	
1-3 sec	100	0	
10 sec	90	10	
30 sec	80	20	
1 min	70	30	
2 min	60	40	
4 min	35	65	
10 min	15	85	
30 min	5	95	
1 hour	2	98	
2 hours	1	99	

Understand what your main focus of training should be for the specific race for which you are training.

# Motivation

## Training for the unpredictable

- Virtual races, canceled races, new formats.....control what you can control

## Training for the sake of training

- With all the health and mental aspects of training why would we ever stop

## Think big picture, months and years ahead

- This training cycle could be the building block to a break out race later on

## What is your purpose? Write it down

- Take your time to write this out. It will keep you motivated on the tough days



# Getting Started

**Have a plan and stick to it!**

**We have training plans for everyone online**

- Beginner half marathon program that has Wednesday or Saturday Long Run
- Intermediate half marathon program
- 5K – eight week plan
- Relay training plan

**Personalized Running Program**

- Each plan is highly individualized to fit your goals, needs and schedule



# Heat Training

## Benefits of training in the heat

- Increase in blood plasma volume and red blood cells
- Once temperatures cool down you tend to have a break out workouts and races
- Mentally prepared for hot racing conditions

## Downside of training in the heat

- Very easy to overtrain
- Mentally discouraging to not hit training paces as planned
- Heat illness increase
- More taxing on the body

## How to adjust to get the most out of your workout

- SLOW DOWN!!!!!!
- Work off of heart rate instead of pace
- Run early in the morning or late at night when it is the coolest
- Run or cross train inside
- Bike